

THE RILEY BUGLE CALL



Community Action Council 19 January 2005 9:30am Riley's Conference Center

**COL John A. Simpson, Jr.
Garrison Commander, Fort Riley, Kansas**

Presentation Staff Judge Advocate American Red Cross Announcements

Irwin Army Community Hospital (IACH)

- A change from last month's Bugle Call for Primary Care Active Duty Sick Call: All Soldiers assigned a Primary Care manager at one of the Primary Care Clinics can report for sick call on a walk-in basis. The hours to sign in are Monday through Friday, from 7:00– 9:00am at Primary Care Team #2. Soldiers do not need to bring their medical records, but they do need to have a DD689, Sick Call Slip.
- Immunizations are no longer being done on a walk-in basis. Appointments can be made at the Immunization Clinic by calling 239-DOCS (3627) or 1-888-239-DOCS.
- Reminder of Irwin Army Community Hospital's telephone number for patients to use to schedule appointments: The telephone number is (785) 239-DOCS (3627). For patients located outside the local area can use the toll-free number, 1-888-239-DOCS (3627).
- The Preventive Medicine Division offers the following classes/inspections:
 - Child Health Assessments – well-child screening for on-post child care
 - Self Care Program – to help participants recognize common minor illness systems and Implement appropriate treatment options
 - Tobacco Cessation Classes
 - Children's car seat inspections
- For Self Care Class call TRICARE at 784-1200
- For all other classes and inspection call the Preventive Medicine Division at 239-7323
- Irwin Army Community Hospital's Nutrition Care Division offers the following classes:
 - Family Member Weight Control
 - Weight Support Group (Family Members and retirees) – a follow-up to the above program
 - Weigh to Stay (Active Duty Weight Control)
 - Heart Healthy – Low Fat/Cholesterol, Low Sodium
 - Prenatal Nutrition Class
 - Diabetes Education Program
 - Breastfeeding Education class
- IACH Crisis Intervention Program, Emergency Room, 239-7777/7778; Community Mental Health, 239-7208; Deployment Cycle Care Manager, 239-7291; MPs, 239-6767 or 911. Don't wait – Call today for you or someone you care about!

- Army Once Source is designed to help you dealt with life's issues. 24 hours a day, 7 days a week, 365 days a year you can call in and speak to a consultant or you can go online to access information or email a consultant. One Source can also authorize you to visit a counselor in person in your local community . . . up to six (6) in-person visits . . . without going through the hospital or your command . . . at no cost to you! Call 1-800-464-8107 or on line www.armyonesource.com. Army One Source – caring for you and your family. Your privacy is assured.
- IACH continues to experience losses to our healthcare providers and support staff from deployments, yet we continue to work diligently to augment these losses and to mitigate the effect of this installation's continuing mobilization mission on appointments in our facility. Fort Riley continues to see large numbers of Soldiers from both the Reserve Component and the Active Duty force deploying to and returning from both Southwest Asia and European deployments. These Soldiers require intense medical processing which places a large demand on our facility. We are continuing to request, and/or contract for, additional medical support from other installations and the local community. Three Primary Care Managers will be deployed to support OIF III.

Fort Riley Dental Activity (DENTAC)

- **Red Cross Volunteers:** The Fort Riley Dental Activity wants and needs your help. We are understaffed and yet our mission is vital and must be accomplished. We provide dental health care services to America's Soldiers—both the active duty here at Fort Riley and mobilizing Reserve Component Soldiers that deploy from here. We need volunteers to help us with a multitude of administrative and clinical tasks. We have an immediate need for trained volunteer dental assistants to help us through the next six months. Full or Part-time clinical and administrative volunteers are needed immediately. We will provide on the job training for all administrative volunteers. Your help is needed. Together we can provide the dental care that these Soldiers deserve! Please contact the American Red Cross Office today at 239-1887 to get your volunteer packet started!
- **Red Cross Volunteer Dental Assistant Training Program:** Our next Red Cross Volunteer Dental Assistant Training Program will start in April 2005. If you are interested, please contact the American Red Cross Office at 239-1887 to get more information and to get your volunteer packet started.

Directorate of Morale, Welfare, and Recreation (DMWR)

Business Operations

- **Custer Hill Golf Course Bldg. 5202 Normandy (785) 784-6000**
 - Membership Savings for Golf: The golf course still has a nice selection of golf apparel with specially marked pricing. If you have a special golfer in your family needing items for the cold season and golf, visit the pro shop located at building 5202 Normandy or call us at 239-5412. The end of the season is arriving fast as is the weather.
 - Plan early for the upcoming golf season, new Memberships will be available beginning on April 1. A special promotion for memberships will be held in March, exact date to be determined. Everyone welcome to attend.
 - Operating Hours: The following hours will be effective through February. Closed for inclement weather: Tuesday – Sunday – 10:00am-5:00pm; Monday – Closed

- **Rally Point 2600 Trooper Drive (785) 784-5434**
 - Rally Point will be closing the kitchen beginning in February for renovations. During this period, food service will not be offered. We are sorry for the inconvenience. We will be offering some alternative service for families at the Bowling Center and possibly Riley's.
 - Regular events planned are the following:
 - Krazy Karaoke every Wednesday (Sorry No Food Service)
 - Request Night every Thursday
 - Mixed Dance Night Fridays 8:00pm-++
 - Late Nite Program Every Saturday (11:00pm-4:00am)
 - Variety Dance Night Saturday 8:00-11:00pm
 - Coming Events:
 - January 30 - WWE Royal Rumble – 7:00 PM
 - February 6 - Super Bowl Party.
 - NFL Football every Sunday
 - Plan for your unit function at Rally Point! Contact the manager at 784-5434 if you want to have a unit function in Rally Point. We are willing to help you any way we can.
- **Custer Hill Lanes Bldg. 7485 Normandy (785) 239-4366**
 - Look a little closer to home for your after work entertainment.
 - Watch for information on our Super Bowl Party.
 - Winter Leagues are now operating– If interested contact Manager to sign up. The Bowling Center offers a regular program of bowling from Leagues, Open Bowling, Family Bowling and Extreme Bowling.
 - All you can eat taco Tuesdays at the Strike Zone! Meet all your friends at Custer Hill Bowling Center on Tuesday evenings from 7:00 – 9:00. Enjoy all you can eat tacos for just \$4.95.
 - The Strike Zone Snack Bar: Open (Monday-Friday 11:00am-1:00pm) and again at 5:00pm daily (except Monday). We offer pizza by the slice or by the pie. Call 239-1710. The snack bar also offers regular, fried entrees, hamburgers and salad specials.
 - Hours of operation:

▪ Tuesday 5:00-11:00pm	Open Bowling
▪ Wednesday 5:00-11:00pm	Open Bowling
▪ Thursday 5:00-11:00pm	Open Bowling
▪ Friday 5:00-1:00am	Open Bowling until 10:00pm then Extreme Bowling
▪ Saturday 3:00-1:00am	Open Bowling
▪ Saturday 5:00-7:00pm	Family Extreme Bowling
▪ Saturday 9:00-1:00am	Extreme Bowling \$10/person
▪ Sunday 5:00-10:00pm	Family Extreme and Open Bowling
▪ Sorry Closed on Mondays, except for Lunch (11:00am-1:00pm)	

- **Riley's Convention Center, 446 Seitz Drive, (785-784-1000) or 239-0559**
Riley's Convention Center is now open for the New Year. If you want to schedule an organizational meeting or an official function, please call them at the number listed above. Riley's provides catering for buffets for groups with less than 200 persons. For larger groups there is a list of caterers who can assist you. It only takes a call to our catering manager to arrange your event. He can be reached at 784-1000. Stop by and visit the Center, you will be pleased with our facility and staff.

Community Recreation

- **ITR (Information, Ticketing & Registration) Bldg 6918 (785-239-5614)**
 - ITR offers the following services: Vacation planning, including airline ticketing, hotel accommodations, cruises, and all-inclusive packaging.
 - Colorado Ski Packages - Military discounts available for Colorado lift tickets. Let ITR put together your ski package.
 - Discount movie tickets - Passes may be used at Seth Childs in Manhattan for only \$5.50.
 - KCI Roadrunner - Kansas City's International Airport Service provides door-to-door service. Military discounts available. Make your reservation at ITR and the Commission will be paid back to Morale, Welfare, and Recreation.
 - Military Exchange Prepaid Calling Card - Long distance calling to anyone, anytime, almost anywhere in the world!
 - Fax Services - Cost is \$1.00 per page.
 - Cruise Packaging - Authorized patrons can start taking advantage of special military discounts and bargain cruises. Stop by Information Ticketing & Registration, and pick up the new 2005-2006 brochures. Payment plans are available.
 - Snow Creek Learn to Ski Tour - If you ever wanted to try the sport of skiing or wanted a friend to learn, now is the time! On January 12 & February 9 ITR will travel to historical Weston, Missouri, located 15 minutes from Kansas City International airport. Snow Creek has 100% snowmaking capabilities. The cost of each of these tours is (includes lift & rental) \$39.00 adults, \$29 children 7-12 including transportation. Anyone on active duty can ski for FREE. Information Ticketing and Registration sells discount lift tickets for all ski dates. Let Information Ticketing & Registration put together a weekend package.
- **Outdoor Recreation Center, Bldg 9011 (785) 239-2363/6368**
 - Hours of Operation Change
Monday-Fri: 9:00am-5:00pm
Sat: 8:00am-4:00pm
Sun, Mon: CLOSED
 - Free Eagle Watching Tour on Fort Riley: Every winter the American bald eagles gather in their great splendor to amaze spectators. Take advantage of this special opportunity to view this majestic creature right here at home.
 - Join us for a Free Eagle Watching Tour here on Ft. Riley on Saturday, February 19, from 1:00–4:00 p.m. Come and see our national symbol in its natural environment. From land or water there are many photo opportunities available.
 - Be sure to remember that this is an Outside Event so bring warm clothes! You should also bring your camera, video camera, field glasses, and anything else that will help you view these spectacular birds.

- Call the Outdoor Recreation Center at (785) 239-2363 for more information and to register for this tour.
- Use our Clay Range to improve your skills for hunting birds, turkey or deer. Cost is \$5.00 for one round (25 clays) or \$10.00 for three rounds (75 clays). You can rent a .12 or .20 gauge shotgun from us for \$5.00 (used only while we're open for business). Shotgun shells are NOT included.
- Improve your hunting skills with the Laser Shot Shooting Simulation System. Cost per person is \$5.00 per hour. Group rate is \$15.00 per half-hour or \$25.00 an hour.
- We also have an Archery Range where you can improve your bow hunting skills. There is no cost to use the range.
- We have targets, bows and arrows you can rent from us. Depending on how long you use the equipment determines the cost.
- We sell a combination Hunting and Fishing Permit for \$16 and Fuel wood Permits for \$22.00.
- We reserve the Scouting Area at Moon Lake. There is no cost to use the area.
- We are having a special event for the children throughout the year. Rent one of our three (pirate ship, round or square) inflatable play space "moonwalk" (requires electricity) for \$92.00 a day or \$150.00 a weekend.
- We also have a large selection of party/picnic equipment, leisure equipment, camping equipment, canoeing, kayaking and boating accessories for rent.
- Call us at 239-2363/6368 and see if we have what you need to make your function the best ever.
- You are welcome to use our facility area to hold your special function. Stop by and see us at 9011 Rifle Range Road.
- **Automotive Skills Center Bldg. 7753 Apennines (785) 239-9764**
 - Hours of Operation:
 - Closed Monday and Tuesday
 - Wednesday - Friday 1:00-9:00pm
 - Saturday - Sunday 9:00am-5:00pm
 - The automotive skills center provides state of the art tools and equipment for patrons utilizing the facility.
 - Basic and advance automotive repairs for active duty personnel, dependants, retiree, reservists, youth and scouts
 - Basic automotive repair class first and third Thursday of each month 6:00-7:30pm
 - Advance automotive repair class second and fourth Thursday of each month 6:00-7:30pm
 - Services include four-wheel drive front and rear wheel alignment, air conditioning testing and service, 25-point vehicle safety inspection (\$10 by appointment), and much more.
 - Professional staff of trained mechanics to instruct and assist in self-repair projects
 - 15 Vehicle Lift Bays
 - Open bays and lift bays with complete set of tools and roll-around benches for customer use.
 - Complete tool room with specialized tools and limited parts store.
 - 8-bay car wash with power washers and vacuum cleaners.
 - State-of-the-art paint booth and body shop person for expert advice and instruction.
 - Mitchell on-demand technical library available on DVD

- Check us out so we can check your automotive needs before you pay expensive repair bills.
- We have the latest equipment to perform tests on alternators, batteries, air-conditioning, on-board computers, anti-lock brakes and much more.
- On site parts sales store
- **Sports**
 - **Riley Wheels Skating Rink**
 - Friday - 8:00-10:00pm
 - Saturday - 1st session 6:00-8:00 p.m. 2nd session 8:00-10:00pm (\$1.25 stay-over fee for 2nd session)
 - Sunday – 2:00-4:00pm - Family Skate \$1.00 per family member
 - Authorized ID Card holders only!!!!
 - Riley Wheels is available for rent for private functions such as birthdays, unit parties, support groups, youth and school groups, scouts, etc. For more information call 239-3764
- **Pool Passes:**

	SINGLE	FAMILY
▪ Quarterly	\$35.00	\$50.00
▪ Semi-Annual	\$60.00	\$80.00
▪ Annual	\$110.00	\$150.00

 - Daily Entry Fees: \$1.50 - ID Card holder
\$2.00 - Guest
FREE - Child five and under
- **Long Pool**
 - Mommy and Me Time/Social will be meeting with the cost of \$2.00/family; pool passes are not included, on the following dates and times:
 - March 1 9am-11am
 - March 15 9am-11am
 - March 29 9am-11am
 - April 5 9am-11am
 - April 12 4pm-6pm
 - April 19 9am-11am
 - April 26 4pm-6pm
 - May 3 9am-11am
 - May 10 4pm-6pm
 - May 17 9am-6pm
 - Family Fun Nights will be held with the cost of \$5.00/family. Pool passes are not included, on the following dates and times:
 - March 4 7pm-10pm
 - March 18 7pm-10pm
 - April 8 7pm-10pm
 - April 22 7pm-10pm
 - May 6 7pm-10pm
 - May 20 7pm-10pm
 - Please call 239-9441 with inquires referring to Group or Private Swim Lessons.

- Unit Physical Training and Drown Proofing
All Unit physical raining and drown proofing will be conducted at Long Indoor Pool, Bldg 8069. Please submit a signed memorandum by the unit commander to the pool manager two weeks prior of the date requested. The memo needs to include date with time, number of soldiers, and point of contact. Units will need to provide own instructors. Lifeguards will be provided. For more information call 239-4684.
- For further information on any of the classes or events please call 239-4684.
- **Adult Intramural Sports Programs**
 - 2005 Post Battalion Level Racquetball
7-11 February. Open to all active duty military
- **2005 Battalion Level Volleyball League**
 - Begins March 7.
 - Each battalion is authorized one men's and one women's team.
 - Entries must be submitted to the sports office by close of Business February 8.
- **2005 Post Battalion Level Soccer League**
 - Begins March 21
 - Each Battalion is authorized one team.
 - Entries must be submitted to the sports office by close of business February 8.
 - 2005 Post Company and Battalion Level Softball Leagues will begin May 10.
 - Each company and battalion may enter a team in the respective league.
 - Entries must be submitted to the sports office by close of business April 12.
- **2005 Post Battalion Level Track and Field**
 - Meet will be conducted June 9 beginning at 7:30.
 - All registration will take place at the event site 45 minutes prior to the start of each event.
 - Open to all active duty military.
- **2005 Post Battalion Level Tennis Program**
 - Will be conducted June 20-24.
 - Each battalion may enter a men's team consisting of six single players and one doubles team for a maximum of eight players. They may also enter a women's team of four single players and one doubles team for a maximum of six players. Player rosters must be submitted to the sports office by close of business June 7.
 - Open to all active duty military.
- **All Army Sports Trial Camps:** Individuals interested in applying must contact the sports office for an application packet. If you have any questions, please call 239-3945/239-2172.
- **Fort Riley Community Life Sports Program**
 - The Fort Riley Community Life Program offers the following team sports:

<u>Sport</u>	<u>Competition Dates:</u>	<u>Registration Fees Per Team:</u>
Basketball	Jan-Mar	\$50.00
Volleyball	Mar May	\$40.00
Softball	May-Aug	\$85.00
 - This program is open to all female family members of active duty, retired military. Also DA civilians, contractors and AAFES employees working on Fort Riley. You must be at least 18 years old to participate.
 - For more information Contact 239-3764

- **Fitness Programs**
 - All Classes/events are held at Kind Field House Fitness Center, unless otherwise noted.
 - Call the Fitness Dept at 239-3146/2813 for additional info.
 - Fitness Center Age Policy Change effective January 16, 2005
 - Fitness Center Age Policy: In accordance with AR 215-1, the following policies and procedures are established for the benefit and guidance of assigned staff and all personnel authorized use of the fitness centers. Parents and guardians are responsible for the conduct of the family members and guests in their care for supervision, guidance and corrective action.
 - Children 12 years old and under are not authorized use of mechanical strength equipment, sauna or steam rooms at any time.
 - As a family member, children and youth (15, 14 and 13 years old) must be actively participating in the same activity and under the direct supervision of a parent or guardian. This includes the use of the basketball and racquetball courts.
 - Due to health, safety and inconvenience to other patrons, a parent or guardian may not bring a child age 12 and under into the fee weight/s electorized and cardiovascular areas while he/she works out.
- **Scavenger Challenge:** Be active as a family by walking, biking, or rollerblading around main post visiting historic points of interest in search of clues to complete the Fort Riley Scavenger Challenge. There will be prizes and games along the route, so be sure to come and join the fun!! There will also be light snacks provided. The fun will start and end at the King Field House Fitness Center. Once the challenge is completed meet back at King Field House for your reward, “Fort Riley Scavenger Challenge 2005” fun family photo! Come join the fun! April 23, 2005, 9:30am-12:00pm (you can sign-in to start the course anytime between 9:30 and 11:00am).
- **Walk/Run/Bike Across Kansas:** This is a self-directed program, meaning you complete it at your own pace. From Ruleton, Kansas to Kansas City, Kansas is approximately 400 miles. Each time you visit one of the post fitness centers for your workout, you will chart your miles at the front issue desk. You must complete your activity INDOORS on any equipment that gives mileage readings. A staff member must verify all distances. At the end of the program, those who have reached 400 miles will receive a Fort Riley Fitness t-shirt. This is a great goal to set and achieve! The program will begin March 1 and run through May 31.
- **Train for the Prairie:** Have you ever wanted to run a race and thought you just couldn’t do it? Here’s your chance to get the expertise training you need to complete your first race. The goal of the program is to train for endurance to complete the 10-5-2 Mile Prairie Run hosted by the Fort Riley Sports Department on July 23. You’ll be guided with lots of optimism and encouragement as you achieve what you believed to be impossible! Registration deadline is April 5. Group training will be every Mon & Wed from 9:00-10:00am beginning Apr 11. All participants who train for the duration will be registered for the 10-5-2 Prairie Run and will receive a T-shirt at no cost.
- **May is Fitness Month:** May has been designated as “Fitness Month” and it’s a great time for you and your families to take part in the great fitness programs available here at Fort Riley! Take a look at some of the things going on in May.

- **Fit Family Day:** Here's a day jam packed with fun activities for the entire family! The events will include a Running Clinic (shoe selection, gait analysis and injury prevention), a 2-mile Fun Run, Stretch Session, Yoga Demo/Class, Camping/Hiking/Biking Demos and more! This event will be held at Outdoor Recreation on May 14 from 9:30am-2:30pm.
 - Bike to Work:
 - May 17 -- For a change of pace – Be Safe!
 - Here is your opportunity to try out a variety of fitness activities for FREE!
 - Fitness Yoga May 2 12:00-1:00pm
 - Cardio Pump Aerobics May 4 5:45-6:45pm
 - Water Fitness May 10 12:00-1:00pm
 - Water Fitness May 26 9:00-10:00am
- **Cardio Pump – Aerobics Class:** Want a great cardio workout? This class is the one for you. All fitness levels are encouraged to attend. Mondays tend to be traditional step class. On Wednesdays get two workouts in one with a mixed format using step and resistance equipment (bands, balls, tubes, etc.). Be prepared to get Pumped!
 - Cost: \$2.00 per class or \$1.50 per class if paid in advance each month.
 - Mondays & Wednesdays: 5:45pm-6:45pm.
 - February: \$10.50 No class February 21.
 - March: \$9.00 No class March 21 or 23.
 - April: \$12.00
 - May: \$12.00 No class May 30.
- **Fitness Yoga**
 - A non-purist yoga class designed for all fitness levels. This class integrates body and mind for total performance featuring strength, conditioning, flexibility, and time to calm your mind during your lunch hour.
 - Cost: \$2.00 per class or \$1.50 per class if paid in advance each month.
 - Monday & Thursday 12:00-1:00pm
 - February: Yoga Promo (no charge)
 - March \$9.00 No class March 3, 21 & 23.
 - April \$12.00
 - May \$12.00 No class May 30.
 - Mats are limited; please bring yours if you have one.
- **Fitness Assessment**
 - Want to find out your current fitness level? Register for our free fitness assessment. This session is for both the new exerciser and the seasoned fitness individual. The session will involve body composition, cardio endurance testing, flexibility testing, and muscular strength, and endurance testing. You must register in advance. Call 239-3146 or 239-2813.
 - Limited to 10 participants**
 - Dates/Times
 - February 7 8:45-11:15am
 - March 7 8:45-11:15am
 - April 4 8:45-11:15am
 - May 3 8:45-11:15am

- **Cardio Training Express (CTE)**

- Develop your cardio training skills in 2 sessions of intensive learning and training with a specialized instructor. This free class is a great way to jump start a cardio program for new exercisers, as well as provide motivation and direction for those who've been at it for a while.
- Session I: review of principles and components of cardio training (exercise phases, proper stretching, target heart rate).
- Session II: demos and hands-on time on a variety of cardio equipment.
- Class Dates/Times

CTE I	February 1	5:45-6:45pm
CTE II	February 3	5:45-6:45pm
CTE I	February 15	9:45-10:45am
CTE II	February 17	9:45-10:45am
CTE I	March 8	9:45-10:45am or 5:45-6:45pm
CTE II	March 10	9:45-10:45am or 5:45-6:45pm
CTE I	April 5	9:45-10:45am
CTE II	April 7	9:45-10:45am
CTE I	May 10	5:45-6:45am
CTE II	May 12	5:45-6:45am

- **Weight Training Express (WTE)**

- Develop your weight training skills in 2 sessions of intensive learning and training with a specialized instructor. This free class is a great way to jump start a weight training program for new exercisers, as well as provide motivation and direction for those who've been "pumping iron" for a while.
- Session I: review of principles and components of weight training (program design, training systems, etc.).
- Session II: demos and hands-on in the weight room learning proper form, breathing, and stretching.
 - Class Dates/Times

WTE I	February 8	5:45-6:45pm
WTE II	February 10	5:45-6:45pm
WTE I	February 22	9:45-10:45am
WTE	February 24	9:45-10:45am
WTE I	Mar 15	9:45-10:45am or 5:45-6:45pm
WTE II	March 17	9:45-10:45am or 5:45-6:45pm
WTE I	April 12	9:45-10:45am
WTE II	April 14	9:45-10:45am
WTE II	May 17	5:45-6:45pm
WTE II	May 19	5:45-6:45pm

- **Bodyworks Circuit**

- A full body workout using stations so that there is constant variety and nonstop movement. This free class provides the ideal setting to gain familiarity with dumbbells, Nautilus equipment (beginners), and cable equipment (intermediate). This is a fast paced class that will get your heart rate up there!!
- April 12 5:45-6:45pm
- May 17 9:45-10:45am

- **Total Tone**
 - This is a simple, yet demanding class that will tone every major body part. Equipment options for this class may include: the step, hand-held weights, tubing, bands, and stability balls. This free class focuses on muscular conditioning by alternating formats between controlled and slow movements to tone and high repetitions to gain muscular endurance. You will gain muscular definition without building bulk.
 - April 14 5:45-6:45pm
 - May 19 9:45-10:45am
- **Target Heart Rate Training**
 - Learn to train at your target heart rate for efficient and safe results.
 - This free, coached workout will mix it up by alternating periods of moderate, steady cardio training with strong, high intensity moments. If you thought you would never make it through a tough workout, now you can with this motivationally coached class. The last 15 minutes are dedicated to a rock hard abs segment, lower back strengthening, and a full body stretch.
 - April 5 5:45-6:45pm
 - May 10 9:45-10:45am
- **Cardio Challenge**
 - Looking for something different? Try Cardio Challenge. This free class involves different modes of cardiovascular equipment, all within one workout. Equipment options include the bike, treadmill, stair climber, cross trainer, and/or elliptical. Core conditioning is added to the end of class to strengthen and tone your abs and back.
 - April 7 5:45-6:45pm
 - May12 9:45-10:45am
- **PT Power Time**
 - Looking for an alternative to traditional Physical Training? This class rotates weekly between fitness yoga, total body circuits, and power sculpting (bands, tubes, and stability balls). This class provides the variety you need to avoid plateaus and maximize results. Redefine yourself!
 - Begins March 8.
 - Tuesdays 6:30-7:30am

Better Opportunities for Single Soldiers (BOSS) (785) 239-8147

- **Keystone Colorado Ski Trip**
 - February 4-6
 - Includes: Two nights lodging
 - Transportation to and from Keystone
 - One lift ticket
 - \$50.00 deposit reserves your spot
 - Absolute deadline for sign up and final payment is January 18
 - For more information call 239-8147

Valentines Sing-A-Grams

- February10-11
- \$10.00 for a song
- \$15.00 balloon and kissing bears
- \$25.00 for song, balloon, candy, and a picture frame
- Make reservations at ITR, BLDG 239-5614

- **Free Ski -Trip**
 - February 23, Snow Creek Ski Lodge in Weston, Missouri.
 - Trip is free to all active duty military ID card holders. Trip includes Transportation, equipment rental rope tow ticket, and a free lesson.
 - Trip departs Information Ticketing & Registration (ITR) center at 9:00am.
 - For more information call 239-8147

Soldier and Family Support Center (785) 239-9435

- **Relocation/Family Readiness**
 - Newcomers' Orientation: 8:30am-12:00pm January 28
February 11
February 25
 - PCS Briefings: 1:30-3:00pm Stateside – 26 January
South Korea – February 2
Germany – February 9
Overseas – February 16
Stateside – February 23
 - Sponsor Training is available on the intranet.
- **Family Readiness Group Training**
 - Family Readiness Group Leader Basic Training: February 10 / 6:30–8:30pm
 - Information and training will be provided on: the responsibilities of an FRG leader, the goals of an FRG, supporting the military mission, effective ways of communicating with family members, the importance of distributing accurate information and maintaining confidentiality, volunteer positions and opportunities within the FRG and more.
 - The training is primarily for newly appointed FRG Leaders but anyone in the FRG may also attend.
 - FRG Point of Contact (POC) Training: February 24 / 6:30-8:30pm.
 - Information and training will be provided on: the role, responsibilities and expectations of a POC leader.
 - The session will also cover the importance of communicating with family members, distributing accurate information and maintaining confidentiality.
 - All classes will be held at the Soldier and Family Support Center.
 - Free childcare is available; registration for childcare will begin at 6:00pm.
 - Parents must bring child's shot records to utilize childcare.
 - Registration is required for the classes and childcare. Please call 239-9435 to register.
- **Deployed Soldier Spouse Activity Day**
 - An activity day for spouses of deployed soldiers is held on the 4th Monday of each month. Come out and join other spouses for an afternoon of sharing, support and fun.
 - The next session will be held on the February 28.
 - Place: Soldier and Family Support Center, Bldg. 7264
 - Time: 12:00-3:00pm
 - Free Childcare/6 weeks to 12 years old (please bring shot records/ snack is provided). *Registration is required and parents must bring the child's shot records.*

- **Several Fort Riley agencies are offering:** support, information and assistance during all phases of deployment. Soldiers and family members are encouraged to contact any of the following agencies for assistance.
 - Help is Always Available:
 - Fort Riley Irwin Army Community Hospital – Behavioral Health – Deployment Cycle Care Management Program / Bldg. 602 / 239-7208
 - Chaplains Help Line /239- HELP (4357)
 - Fort Riley Army Community Service (ACS) at the Soldier and Family Support Center, Bldg. 7264 / 785-239-9435.
 - Military One Source
 - Fre, off post, confidential counseling / 6 in -person sessions
 - Consultants who speak Spanish and 150 other languages
 - 24 hour help line -1-800-464-8107
- **Army Family Team Building (AFTB)**
 - If you are new to the Fort Riley area and are interested in learning about resources that are available to you or find that everyone is speaking another language that sounds more like alphabet soup than words, then you could benefit from the Army Family Team Building (AFTB) Level One classes.
 - Level One, Two and Three classes are offered at the Armed Services YMCA in Junction City on designated Fridays 11:00am-2:00pm with free childcare on site. You must contact the AFTB Program Manager to pre-register your children. For more information or to speak to the Program Manager please call 239-9435. Dates of upcoming classes are February 4 & 18 and March 4 & 18.
 - Level Two and Three classes are given at the Soldier and Family Support Center from 6:30-8:30pm and are open to everyone. There is no childcare provided for the evening classes. Upcoming dates of classes are February 2 & 16 and March 2 & 16. Please contact the Program Manager to sign up for any classes in which you are interested.
 - The new Level One modules are due out to the installations in the next few months. If you are interested in the changes and additions to Level One you can stop by for a copy or go on line to www.aftb.org.
- **Army Volunteer Corps**
 - The next IVAC Meeting is scheduled for April 2005 in Building 7264 Soldier and Family Support Center. The Fort Riley Volunteer recognition Week is scheduled for May 2-6. The Volunteer recognition ceremony will be held May 2, in Riley's Event Center at 7:00pm. This year's theme is "Fort Riley Volunteers Heroes of the Heartland".
 - All 2004 volunteer hours should be submitted to the Army Volunteer Coordinator not later than January 31. The Army Volunteer Coordinator can be reached by calling the Soldier and family Support center at 239-9435. You can mail volunteer hours to Soldier and Family Support Center, Building 7264, Fort Riley, Kansas 66442 or email hours to site2665@riley.army.mil.
 - Volunteers are always needed and welcome. If you are tired of sitting around the house and would like to contribute to our community, come on out and get involved as a volunteer. We have a variety of opportunities to gain job experience, training, learn a new vocation, and gain job skills. You can contact the Army Volunteer Coordinator for more information by calling 239-9435 or by stopping by building 7264.

- **Exceptional Family Member Program (EFMP)**
 - Title: Many Parenting Strategies Used For Special Needs Children Apply To All Children.
 - Presented by: Autism Coordinator from the Neurological Disability Support Project, Department Of Special Education in Kansas City, Kansas.
 - Location: Soldier Family Support Center, Bldg. 7264, Normandy Drive
 - Time & Date: 6:30-8:30pm February 3.
 - An overview of Autism and associated behaviors. Learn how to effectively communicate parenting skills during deployment.
 - RSVP for childcare by January 18.
 - RSVP to attend workshop by January 24.

Child and Youth Services (CYS) (785) 239-4920:

- **CYS programs will be closed on the following Federal Holidays:**
 - Feb 21, President's Day
- **CYS Central Enrollment Registry (CER), Bldg. 6620 on Normandy Avenue**
 - Must be registered in CYS to participate in all CYS programs
Hours of Operation: Monday–Thursday, 8:30am-5:30pm and Friday, 1:00-5:30pm.
 - Annual registration fee is \$18.00 per child, or \$40.00 per family. CYS registration may be transferred to a new duty station upon PCS.
Contact CER at 239-5077/4847 for information, or to make an appointment to enroll in CYS.
- **Instructional Classes**
 - **Piano Lessons** - Lessons for children 5-18 years are conducted year round at the Teen Center, Bldg. 5800, on Thursday and Friday from 4:00–8:00pm, and Saturday from 9:00am-1:30pm for half-hour individual lessons. Cost is \$50.00 per month with a \$5.00 discount if paid in person at CER prior to the 1st of each month. The discount will not be applied to payments left in the drop box. A waiting list is maintained and slots are filled as vacancies occur. Classes are open to family members of active duty military, Department of the Army civilian employees, reservists, and National Guard. Those wishing to place their names on the waiting list can come to Bldg. 6620. Contact Central Enrollment Registration (CER) at 239-4723/4847/9478 for additional information.
 - **Gymnastics and Tumbling** - Gymnastics classes, for children 3-15 years of age, are conducted Tuesday, Wednesday, and Thursday after school at the Teen Center, Bldg. 5800. The cost is \$30.00 per month for regular gymnastics classes, and \$40.00 per month for the Exhibition Team. An early bird discount of \$5.00 per month for each child will be applied to payments made in person at CER prior to the 1st of the month. The discount will not be applied to payments left in the drop box.

Tuesday	4:30-5:30pm	5-7 yrs
	5:30-6:30pm	7-9 yrs
	6:30-7:30pm	10-15 yrs
Wednesday	4:30-5:30pm	3-5 yrs
	5:30-6:30pm	4-6 yrs
	6:30-7:30pm	6-8 yrs
Thursday	5:00-6:00pm	3-5 yrs
	6:00-7:30pm	Exhibition Team (invitation only)

- Children must be registered with CYS and must have a current sports physical (less than one year old) at the time of registration to enroll. A health assessment, which states, “cleared for all instructional programs,” will be considered the same as a sports physical for instructional programs only. Please call 239-4723/4847/9478 for additional information. CYS annual registration or re-registrations is a prerequisite for class enrollment and is by appointment only. Classes will be advertised as instructors become available. Instructors are needed for a variety of classes. If you have a skill that you would like to teach through the Instructional Programs at CYS, contact the Youth Educational Support Services Director at 239-4708.
- **Outreach Services Classes**
 - Red Cross Babysitting Course is scheduled for the third SATURDAY of every month.
 - Upcoming class: February 19 at Bldg. 5800.
 - Cost is \$10.00. Call CER for more information at 239-5077/4847
 - Youth must be 11 years and older
 - All youth (12-18 years old) who successfully complete the course are eligible to be included on the Fort Riley Teen Babysitter Referral List with parental permission
- **Parent Advisory Council (PAC):** meets the first FRIDAY of each month from 4:00–5:00pm in the training room at Bldg. 6620. All parents are encouraged to attend. Agenda includes program updates and parent information. Patrons receive a 10% discount on their childcare fee after attending three meetings. Call Outreach Services at 239-9850 for additional information.
 - February 4, 4:00-5:00pm - Parent Advisory Council Meeting, Training Room, Bldg. 6620
- **Child Development Center (CDC):** Child Development Center (CDC) is accredited by the National Association for the Education for Young Children (NAEYC).
 - Hours of Operation are from 6:00am–6:00pm.
 - Serves children ages six weeks to Kindergarten
 - Full-day, part-day preschool, and hourly care is available.

Free hourly care is available on January 22 and February 5 and 26 for families of deployed soldiers. Children between eight weeks of age and Kindergarten will receive free care at the CDC from 10:00am to 1:00pm. Lunch will be served to the children at 11:30am. Children must be registered with CYS to participate in this program, and parents must make a reservation by noon on Thursday prior to the Saturday opening. This program is subject to cancellation if there are not enough reservations.
- **Family Child Care (FCC) Program:** consists of care offered in on-post quarters by a military family member meeting FCC certification requirements. Homes are inspected and monitored regularly.
 - FCC homes provide care between the hours of 6:00am to 6:00pm, and may provide extended and overnight care in the evenings and on weekends for duty related needs. FCC providers offer flexible hours that may better meet the needs of those requiring child care for extended periods, and for shift workers.
 - Serve children four weeks to 12 years of age
 - Full-day, part-day, and hourly care available

- Small group setting with home atmosphere
 - Registration in FCC is through the CYS Central Registration office.
 - February 10: 2:30-4:00pm, FCC Provider Information Briefing, Training Room, Bldg. 6620
- **Family Child Care Home Providers** – Adults wanting to become FCC providers are invited to attend an FCC informational briefing scheduled on February 10 (every second Thursday of the month, excluding holidays). The orientation is from 2:30–4:00pm in Bldg. 6620. For more information, call the FCC director at 239-9892. There is currently a shortage of FCC homes. Providers are being sought who will provide infant and hourly care.
- **School Age Services (SAS):** This elementary school age program is nationally accredited by the National School Age Care Alliance (NSACA).
 - Hours of Operation: 6:00am-6:00pm.
 - Before and after school programs for 1st – 5th grades
 - Kindergarten program
 - Transportation provided to and from on-post schools is provided
 - Transportation is now provided for Hourly Care children (new this year). Parents must make reservations by 12:00pm the day prior and School Age Services will notify the schools.
 - Breakfast is served until 8:00am.
 - Open Recreation (hourly care)
 - Available for children in Kindergarten and 1st – 5th grades
 - Monday-Friday from 3:30–6pm on school days, 1:30–6pm on early release days, and 6:00am–6pm on no school days
 - Parents must provide transportation and make advance reservations
 - Children eligible for SAS and are registered with CYS are also eligible to receive five hours of free Open Recreation each month. Reservations are required. Call CYS at 239-9220 for more information.
 - Free hourly care is available in SAS on January 22, February 5, and February 26 for families of deployed soldiers. Children who are in Kindergarten through 5th grade may receive free care at SAS from 10:00am to 1:00pm. Lunch will be served at 11:30am. Children must be registered with CYS to participate in this program. Reservations are required by noon each Thursday prior to the Saturday opening. This program is subject to cancellation if there are not enough reservations.
- **Youth Services**
 - Teen Center: The Fort Riley Teen Center, Bldg. 5800, is located on the corner of Thomas and Longstreet, telephone 239-9222. The Teen Center is an affiliate member of the Boys and Girls Club of America and participates in nationally recognized 4-H and Character Counts programs.
 - Teen Center Activities:
 - The fitness room and gym are available after school; 4-H projects, art projects, and photography are also scheduled monthly. Homework room/time is available every day after school from 3:30-5:00pm. A schedule of activities is available at the Teen Center, Bldg. 5800, Thomas Avenue. Teens in high school may now self-register to participate in CYS Teen Center activities with parental permission. Contact the Teen Center director for more information by calling 239-9227/9222.
 - January 21: Basketball Contests, 8:00pm–Midnight, \$1.00, Bldg 5800.

- January: 8:00pm-6:00am, MST Lock-In, \$5:00 for registered youth, \$8.00 for non-registered youth. Bldg. 5800. Twenty-five youth must sign-up by January 20, or lock-in will be cancelled.
- January 28: Middle School Dance, 8:00-10:30pm, \$1.50 registered/ \$2.50 non-registered, Bldg 5800.
- January 29: Family Potluck Dinner, 6:00-10:00pm, Family Potluck Dinner, Bldg. 5800.
- February 19: MST Lock-In, 8:00pm-6:00am, \$5.00 for registered youth, \$8.00 for non-registered youth, Bldg. 5800, Twenty-five youth must sign-up by February 17, or lock-in will be cancelled.
- February 21: CLOSED-HOLIDAY President's Day
- February 26: MS/T Family Potluck Dinner, 6:00-10:00pm, Bldg. 5800.
- **Youth Sports** – The Start Smart Basketball program for 4 & 5 year olds began this month. If you have questions, please contact the Youth Sports director at 239-9223, or Central Registration at 239-4847.
 - January 28 to March 12: Basketball Games Begin. Contact coaches for times and locations.
 - February 1-28: Basketball Practice/Games continue-Contact coaches for times and locations.
 - February 14 and March 4: Sports Soccer Enrollment, noon-5:00pm, CER, Bldg 6620.
- **School Liaison Officer** - 239-4708: Sign up for the School Liaison Office In-Touch program for updates on school related topics.
- **USD 475 Junction City-Geary County Schools:**
USD 475 (Geary County-Junction City, Fort Riley, Milford, and Grandview Plaza) website:<http://www.usd475.org/>
Tel: 785-238-6184
- **USD 383 Manhattan-Ogden Schools:**
USD 383 (Manhattan-Ogden) website:<http://www.usd383.org/>
Tel: 785-587-2000

Directorate of Education 239-6481

- Deciding to enroll in an early spring class? Enrollment begins February 14 for the eight-week evening college classes that begin March 28.
- The next Leadership Skills Enhancement Courses (LSEC) term begins February 28.
- All class schedules are available on the Education Services website at the Class Schedules link. Sign up for InTouch <http://www.riley.army.mil/InTouch/> on the Fort Riley webpage now to receive new class schedules as soon as they are published.
- See an Army Education Counselor for course information or to enroll.

Installation Chapel Office

- **Marriage Enrichment Seminars Sponsored by the Morris Hill Gospel Congregation**
 - January Seminars: 10th and 24th at 6:30pm.
 - February Seminars: 7th and 21st at 6:30pm.
 - Continuing Seminars will be held on the 1st and 3rd Mondays of every month.
 - For more information, please call Morris Hill Chapel at 239-4814.

- **Marriage Enrichment Seminars Sponsored by the Family Life Chaplain**
The seminar is in two parts. Participation in the first night is required before participation in the second night. Childcare will not be available. For additional information and to register, please call 239-3436.
 - February Seminars: 8th and 17th from 6:00–8:30pm at the Family Life Ministries Center
 - March Seminars: 8th and 17th from 6:00–8:30pm at the Family Life Ministries Center
 - April Seminars: 12th and 21st from 6:00–8:30pm at the Family Life Ministries Center
- **Pre-Marital Classes Sponsored by the Family Life Chaplain**
Pre-Marital classes are held the first Thursday of every month, 9:00am–12:00pm, at the Family Life Ministries Center. Please call 239-3436 for additional information and to register for the class.
- **Club Beyond-for additional information, please call Jason at 210-6240**
Upcoming Events:
 - Super Bow Party, February 6 for CB & CBJV
 - Jr. High Believer, February 4-5 in Oklahoma City, Oklahoma.
 - Dare 2 Share, February 25-26 for CB
 - True Love Waits Rally, March 5, sponsored by Club 21
 - Junction City Area Youth Weekend Retreat at Rock Springs, March 11-12 for CB & CBJV
 - Camp Moses Merrell Retreat, April 15-16 for CBJV
 - Mexico Mission Trip, June 9-18 for CB
 - Summer Camp, July 18 -22 for CBJV
- **Ongoing Events:**
 - January Club Beyond Dates/Times: 23 and 30 in the basement of St. Mary's; BJV 5:00-6:30pm; CB 7:00-8:30pm.
 - Bible Lunch Tuesday (BLT), grades 10-12; free lunch & devotion at First Southern Baptist Church, Junction City
 - Club 121, this Christian club meets every Monday and Thursday mornings at 7:15am at Junction City High School, room. 220
 - True Love Waits, Fort Riley Middle School every other Thursday at 7:50am in the cafeteria; next meeting January 27.
 - Bible Studies, Thursday nights in the basement of St. Mary's; CBJV 6:00–7:00pm; CB 7:00–8:00pm
- **Protestant Women of the Chapel**
 - Protestant Women of the Chapel meets on Tuesday mornings at Morris Hill Chapel from 9:00-11:30am. Both nursery care and a preschool program are provided. The following studies are being offered from January through May:
 - "Calm My Anxious Heart" - Provides the help you need to exchange your anxieties for God's peace and contentment.
 - "Breaking Free" - Based on Isaiah 61:1-4; this study identifies spiritual barriers and describes the way to overcome them through the truth of God's Word.
 - "She's Gonna Blow" - This class will guide women back to the God who knows a mother's heart as no one else does. Through Him, the journey of mothering can include lifelong peace and genuine change.

- "Lord, I Want to Know You" - By studying the names of God, women in this class will better understand His attributes and the different roles He plays during the various stages of life.
- Being a Godly Wife in Real Life - This class will draw wisdom from the Bible, from other books on marriage, and from the instructor's own life experiences to encourage women to live with their husbands in a way that will bring true joy and satisfaction.
- Protestant Women of the Chapel - PM will meet on Thursday evenings in the basement of St. Mary's Chapel (next to the Main Post Chapel) from 7:00-8:30pm. Childcare will be provided. Two classes will be offered: "Calm My Anxious Heart" and "Being a Godly Wife in Real Life."
- Point of Contact: please call 784-4480
- **Wounded Soldiers Outreach and Support Group:** Wounded Soldiers Outreach and Support Group meets monthly to provide wounded Soldiers & family members an opportunity to meet one another. The desire is that through this informal setting, helpful relationships will develop to assist in the helping process. Various organizations have volunteered to provide the meal for the meeting and donate door prizes. Each meeting also consists of someone to speak to some topic of interest to the members, i.e., Political representative, School Social worker, Purple Heart Association, VA Affairs. Each meeting has a time for questions and answers. The group is very receptive to focusing on the issues and interests of those attending.
 - When: February 1 (1ST Tuesday of every month)
 - Where: Riley's Conference Center
 - Time: 6:00-8:00pm
 - Speaker: Representative from the Purple Heart Association
 - For more information on the Wounded Soldiers Outreach and Support group please call: The Hospital Unit Ministry Team (785) 239-7872 or The Chaplain Family Life Center (785) 239-3436.

Staff Judge Advocate

- **Tax Center Opens**
 - Blow the dust off your old tax returns, await the arrival of your new W-2s, and gather up all of your tax essential documents. The tax season has arrived! In order to make sure you file your taxes correctly, the 2005 Fort Riley Tax Center opens its doors on January 18 and closes on the last day of the filing season, April 15. The 2005 Fort Riley Tax Assistance Program will provide free tax preparation at the Solider and Family Support Center, located up on the hill in Building 7264. If you have any questions about the Tax Center, one of the fifteen civilian hires will be awaiting your call. Starting January 18, simply call (785) 239-1040 to ask your question or schedule a tax preparation appointment.
 - Although the Tax Center's staff is anxious to offer free tax preparation, there are a number of things you can do to make your visit more worthwhile. First, you should track down last year's tax return and gather up all of your important tax documents. These documents could be a variety of things depending on your situation. Everyone will need social security cards, valid forms of identification, and W-2s for all of your working family members. If you receive any statements for retirement, dividend, or interest income, you must bring them as well.

- If your tax situation requires further record keeping, make sure you bring those documents as well. Keep a look out for tuition deductions, childcare payments, IRA contributions, and income from other sources like rental property or a family child care business.
- As you gather your tax documents, think carefully about your situation. Ask yourself how you plan to file your tax return. Will you file as a single person, a married person filing jointly, a married person filing separately, or as the head of a household? Also ask yourself whom you will claim as dependants on your return. If you plan to claim people not living in your home, you must have an appropriate reason and documentation, proving why you can claim them as dependants. Then think of special tax circumstances. You may receive deductions and credits for owning a home, medical expenses, student loan interest payments, business expenses, and several other things if you meet tax law qualifications and have the appropriate records. Please call with questions, we will be happy to talk through the exact issues that your return might raise.
- Once you have everything ready, call and schedule an appointment or, if your return is simple, just stop by for help.
- The Tax Center will be open weekly during the following times: Monday through Thursday from 9:00am-5:00pm, Friday from 9:00am-6:00pm, and Saturday from 10:00am-2:00pm.
- The free assistance the Fort Riley Tax Assistance Program provides can save you money in preparation fees and help you receive a refund quickly through electronic filing. When you're ready to file, we'll be waiting.

Plans, Analysis, & Integration Office (PAI)

- Use ICE to help us serve you better. ICE (Interactive Customer Evaluation) is a web based customer feedback system. You can provide an evaluation of more than 170 services on Fort Riley or communicate directly with the manager of a service via ICE.
- You can access ICE several ways. The quickest is to click on the ICE link on the sidebar of the Fort Riley home page (www.riley.army.mil). You may also access our site via the ICE homepage (<http://ice.disa.mil>) and then drill down through the map to Fort Riley. In either case, you will reach a search page listing categories of service. The names of the organizations you can rate will appear when you click on the service category. The comment card will come up when you click on a service name. At the bottom of the comment card you will also find a dialogue box in which you can enter comments. Your comments are most valuable to our service providers. If you wish to see how others have rated a service in the past 90 days, click on the "Report" box. General information about the service can be obtained by clicking on the "Info" balloon.
- ICE is a worldwide customer feedback system supported by the Department of Defense Office of Quality Management. You will find all branches of service and installations worldwide whose services you can rate or see how others have rated them. This may be important to you if you have been TDY and wish to rate services received or if you are going to another installation and want to know how users evaluate a service.
- ICE is administered by the Plans, Analysis & Integration Office at Fort Riley. If you have questions about this service or wish to develop a comment card for your organization please call 239-2540.

Provost Marshal Office (PMO)

- If you would like to support the Special Olympics, go jump in a lake, specifically, Tuttle Creek Lake on February 12 during the Polar Bear Plunge, sponsored by Riley County Police Department. The POC on Ft. Riley can be reached at (239-2226) at the Provost Marshal Office, Civil Liaison Office, Bldg 221. To register, go to www.kansastorchrun.org or contact Riley County Special Olympics at 785-537-2112.
- ICE!!! Please drive defensively. Make sure all windows are free from obstruction and ice. Watch out for vehicles running unoccupied. Leaving your vehicle running is unsafe and against the law.
- Happy New Year.

Directorate of Public Works

- **Sledding**
 - Do not sled in the street
 - Towing a person(s) on a sled behind a vehicle is prohibited
 - Sledder's can be held financially responsible for damages to housing property
 - Respect other residents' yards
 - Sled in open areas away from the housing units
 - Parking lots are cleared
- **Clearing Quarters Due To Deployment**
 - Solider can place his name back on the waiting list
 - Termination date will be used as the eligibility date
- **Snow Removal in Housing Areas**
 - During snow or icy weather Snowburst parking policy is in effect
 - Parking will be on one side of the street only
 - Housing streets are cleared after primary and secondary roads
 - Parking lots are not a priority
- **Portable Fire Pits**
 - Must be a minimum of 25 feet from any structure or combustible
 - Must be in an open area
 - Care must be used; operation should not take place during dry weather or during winds above 15 MPH
- **Yard Maintenance:** Many residents are not maintaining their yards as required. This reflects poorly on our housing areas and the installation as a whole. Soldiers who have deployed or are on leave must ensure that they have made arrangements for mowing, edging, trimming, raking, etc. during their absence. Snow removal should be considered as well during the next few months. That must be accomplished within 24 hours of each snowfall.
- **Water Hoses:** All hoses must be disconnected from outside faucets during cold weather. Hoses left connected will freeze back into the faucets and cause breaking of water pipes in or under the house.
- **Thermostats:** While thermostats must be set at a low setting when quarters are not occupied, they must never be turned off during cold weather. Please make sure thermostats are never set below 60 degrees.

- **Furnace Filters:** Two types of furnace filters are used in government family quarters: permanent and disposable. Residents are required to check the filters at least once a month and clean or replace as needed to ensure maximum performance of their heating/cooling system. The disposable furnace filters are comprised of a cardboard frame around a fiber with wire mesh filter. Replacements are available at the Self Help Store, Bldg. 289.
- **Energy / Water Conservation Authorized thermostat settings for heating season:** are 65 to 70 degrees. Keep windows and doors closed when the heating system is energized. Be sure to check weather stripping on doors and caulking on windows to eliminate cold drafts. Turn off computer monitors, appliances and lights when not needed. Funds saved in the energy account go to improving the quality of life for soldiers and families.
- **Recycling Reminder:** All on-post housing occupants are reminded of their responsibility to recycle to the extent possible. All recyclables except yard waste and large pieces of cardboard are to be placed in the blue recycle bags and placed next to your trash containers the day of your scheduled pick-up. The blue recycle bags and a Resident User's Guide are issued at the time of assignment of the quarters, and additional bags can be obtained at no cost at the Self Help store. Please do not use the blue recycle bags for everyday trash or non-recycled items. Information on the recycling procedures are in the Resident User's Guide and in the Housing Handbook, page 48.
- **Smoke Detectors in Quarters**
 - Smoke detectors can save lives. Residents are responsible for ensuring they are in good working order.
 - Never remove the backup batteries from the detectors to use for other purposes.
 - Never remove the detectors from the ceilings.
 - Replace the batteries when the detectors start beeping. That is the warning sound for expired batteries. Replacement can be done by occupants or as a service order.
- **Barbecue Grills**
 - Keep grills several feet from the house when in use because of the intense heat they generate.
 - Fire regulations prohibit the use of barbecue grills on enclosed porches and balconies.
 - Parents watch children while you barbecue to prevent serious injury.
- **Extension Cords**
 - Replace all extension cords after two or three years. Most cords are not intended for long-term use, so inspect them annually. If a cord frays or feels soft in any spot, throw it away.
 - Extension cords should always lie flat and straight. A bent cord will overheat at the kink, destroying the insulation over time.
 - Never put a cord under a rug or carpeting. Constant traffic will also wear away the cord's insulation.
 - Never put more than two plugs into any extension cord. Although some cords can receive three or more plugs, you run the risk of overloading the circuit and starting a fire.
 - Connecting a device that draws more power than your extension cord can handle will strain the device and overheat the cord.
 - Be cautious with appliances. Unplug small appliances, such as toasters, irons and coffee makers, when not in use. An appliance left plugged into a wall socket may cause a fire if turned on accidentally by a child or pet.

- Do not use extension cords with refrigerators, air conditioners, washing machines and other heavy-duty appliances. Plug them directly into wall sockets.
- If a fire occurs in your home, get everyone out first-then call 911, emergency services, from a neighbor's.

Directorate of Environment and Safety (DES)

G3/DPTM

- | | |
|------------------------------|--------------------------|
| • 18 to 28 January | 1 BCT Cavalry Gunnery |
| • 26 January | Post Retirement Ceremony |
| • 3 February | Blue Chip Social |
| • 9 to 10 February | 1-34 AR MORTEP |
| • 18 to 21 February | 4 Day Training Holiday |
| • 23 February | Post Retirement Ceremony |
| • 22 to 25 February | 1-34 AR Dismount STX |
| • 22 February to 17 March | 1-16 IN Gunnery |
| • 7 to 11 and 14 to 17 March | 1 EN Platoon STX |
| • 20 March | 3 Day Training Holiday |
| • 30 March | Post Retirement Ceremony |

Veterinary Services

FORSCOM Family Readiness Group Assistant Program

- The program has been created to provide administrative support and facilitate the needs of the Command and the Family Readiness Group members.
- Serves as a liaison between commanders, family members and community resources.
- The intent is to free the Family Readiness Group advisors, leaders and commanders of administrative requirements so they can focus on supporting families.
- The Family Readiness Group Site Manager and Assistant are located in the Soldier and Family Support Center (ACS Bldg. 7264) 239-9435.

American Red Cross

- Are you in the process of cleaning out your closet or sewing basket? Do you have any material lying around the house that you aren't going to get around to using? Donate these items to the Mother's Outreach for our baby bags or receiving blankets. Drop off point is the Red Cross office Bldg. 7264 at the Soldier Family Support Center or you can call 239-1887.
- With the upcoming deployment of the 3BCT, the Red Cross and the Lady Trooper Regiment are actively baking cookies and working the deployments. Any Coffee groups, church groups, youth groups, etc who would be interested in baking cookies for these deployments, please call 239-1887.
- Have you purchased your pre-ordered Fort Riley Cookbook yet? The price is \$20.00 with a \$5.00 cost for shipping and handling if it needs to be mailed. See any American Red Cross council member, or volunteer or order off the web at redcrossrecipes@yahoo.com (put pre-order in the subject line).
- Currently the Spring Dental Program is on hold.

Boy Scouts

- With the beginning of a new year, the Boy Scouts are looking for great things. After a tough couple of years here on Fort Riley, we are forced into a rebuilding period. Added to this is the need to find new Chartered Partners for all of the Boy Scout units on Fort Riley. This is due to the court decision between the ACLU and the Army. We are currently seeking new organizations to sponsor 4 Cub Scout Packs and Troop 60. Any organization needing further information concerning this can call 238-5684.
- With the continued deployments of our troops the scouts have struggled to maintain leaders. If you are interested in helping out as a Den leader, Cub Master, troop leader or as a committee member, please call 238-5684.
- Our need is great and the jobs do not require any previous Scouting experience. We will train all new volunteers. If you are interested and are 21 or older please call. Singles are welcome.
- There are also positions open at the district level. If you want to get involved (but not as a front line leader), we can use you. The Quivira District finished 2004 with 38 units in our community and over 800 scouts. With more volunteers, we can better serve these youth and we can reach so many more.

Girl Scouts

Armed Services YMCA (ASYMCA):

- **Take advantage of our childcare programs**
- **Mom's Monday Out**
 - Mondays 10:30am-3:00pm
 - You must provide a sack lunch and a snack for your children
 - \$7.00 1st child
 - \$7.75 for children under 2
 - \$6.25 per additional child
 - \$7.00 per additional child under 2
- **Mom's Morning Out**
 - Tuesday Mornings 10:30am-3:00pm
 - You must provide a sack lunch and a snack for your children
 - Prices are the same as our Mom's Monday Out
 - We will provide childcare for the Officer and Civilian Spouse's Club bowling from 8:30am-12:00pm if needed
- **Mid Week Break**
 - Wednesdays 10:30am-3:00pm
 - You must provide a sack lunch and a snack for your children
 - Prices are the same as our Mom's Monday Out
- **Parent's Day Out**
 - Fridays 11:00am-2:00pm
 - You must provide a sack lunch for your children
 - \$5.50 1st child.
 - \$6.25 for children under 2
 - \$3.75 per additional child
 - \$4.50 per additional child under 2.

- **Friday Night Out**
 - 5:30-10:00pm
 - Please provide a dinner and snack for your children
 - \$7.00 1st Child
 - \$7.75 for children under 2
 - \$6.25 additional child
 - \$7.00 per additional child under 2
 - Additional \$1 charge for dinner hour. You must provide dinner for your children.
 - Reservations are required for all childcare programs.
- **Aerobic Classes:** The ASYMCA also offers Aerobics Classes four times per week. Childcare is available for all classes at \$1.00 per child. No Reservations Needed! Classes are limited to 20 people. (We must have up-to-date shot records on all children).
 - \$2.00 per class for walk-ins or you may purchase a Punch Card for savings.
 - Classes are:
 - Monday//Tuesday/Wednesday/Friday 9:00-10:00am
 - 45 minutes of Step Aerobics/15 minutes of toning.
 - Fridays – Body Toning or Circuits.
- **FRG Meetings:** The ASYMCA is available for your FRG Meetings. Call to schedule.
- Need a place to hold a Kid's Birthday Party, Baby Shower, or Bridal Shower. We offer our building for rentals.
- **CPR/First Aid Course:** Starting in January 2005, every 4th Saturday from 8:00am-5:00pm we will be offering a CPR/First Aid Course.
- **Dance Classes:** We will be offering dance classes Tuesday/Thursday at 6:30pm, ages 2 ½ to 13.
- **For more information:** Call 238-2972 or stop by the ASYMCA at 111 East 16th Street, Junction City.

Thrift Shop

- Great opportunities to stock up and replenish all your winter wear! Winter Items and Bedding Sale – Save an extra 25% off Thrift Shop items of winter outerwear, sweaters, boots, and bedding January 18–20 and 25–27. \$2:00 Bag Sale on selected Thrift Shop items February 1-3, 5, and 8–10.
- Family Readiness Groups and Non-Profit Organizations – Have your next fundraiser at the Post Thrift Shop! Free space available to sell food, etc during our Saturday openings 10:00am–1:00pm. Dates available: February 5, March 5, April 2, and May 7. Call the Thrift Shop during business hours to register.
- Applications for Community Funds Distribution are now available at the Thrift Shop. Deadline for submitting application is March 15 with funds distribution in April.
- Location and Hours of Operation: Bldg. 267, Stuart Avenue (next to the stables)
 - 9:30am–4:00pm Tuesday, Wednesday, Thursday
 - 1st Saturday of the month – February 5, 10:00am–1:00pm.
 - Consignments accepted on Tuesdays, 9:30am–1:00pm and Saturdays 10:00am–12:00pm. 15 items per consignment/only 7 items of clothing. All consignments must be clean and in good condition. Consignment checks available for pick-up on Tuesdays and Thursdays. Must show ID.
- Volunteers are always needed and welcomed. Reimbursement for childcare and 25% off of all Thrift Shop merchandise the day you volunteer. Call 784-3874.

Historical and Archaeological Society of Fort Riley (HASFR)

- Please share with your friends, neighbors, FRG's, and Coffee Groups information about the Historical and Archeological Society of Fort Riley. This organization is made up of individuals and families who love the History of Fort Riley. Sound stuffy? Quite the opposite! This group of fun-loving individuals and families enjoy getting together for fun events planned around the history of this great military installation. Yearly membership is only \$5:00 per family, and entitles you to a Historical and Archeological Society of Fort Riley pin and the monthly newsletter. We now also have lifetime memberships for \$25:00. Let's spread the word and keep our organization growing strong. For more information about membership you can call 784-4880.
- Wondering where you can get the items you have seen at the Ways and Means table at Historical and Archeological Society of Fort Riley events? Now you don't have to wait for the next Historical and Archeological Society of Fort Riley event to purchase items. Check out the Historical and Archeological Society of Fort Riley merchandise at The Shoppe located in the Cavalry Museum.
- Looking for a gift that symbolizes the history of Fort Riley. The Historical and Archeological Society of Fort Riley has the item for you. A bronze statue of Ol' Bill is now available through Historical and Archeological Society of Fort Riley for only \$100. For more information, please call 784-4839. This is a great Fort Riley item.

Enlisted Spouses Club (ESC)

- What is ESC? The Enlisted Spouses Club is a service and social organization open to any active duty, retiree, reservist, or widowed spouse of a soldier E1-E9 who is looking to give back to the Ft. Riley community while making friends and having fun. Interested in becoming a member? Email escpresident@hotmail.com or call 770-9219.
- FREE bowling night!!!! Wednesday evening, January 26, from 6:30-8:30pm at Custer Lanes. We will have a short general membership meeting followed by 1 ½ hrs of bowling. Open to current members or those interested in joining. Want to learn more about us, then stop on by for the meeting portion, and, if you like what you see, then sign up to become a member and bowl for free. (Free bowling is open to anyone with a paid membership) Childcare available at the ASYMCA from 6:15-8:45pm on a donation-only basis. Reservations are required for childcare.
- Nursing home bingo at the Good Samaritan Nursing Home in JC on Friday, February 11 at 1:15pm. Interested in helping out?? We need volunteers to bake treats and make finger foods, as well as some folks to come out that day and help us run the bingo game.
- Chocolate and craft night on Wednesday evening, February 23 at 6:30pm at the ASYMCA. Join us for an evening of desserts and crafts!
- We are growing so much this year, so now is the time to join! With the upcoming deployment, it is a great time to get involved in an organization that gives back to the community, so you can keep busy while your spouse is away. If you are not already a member but are interested in joining or would like more information, please email at escpresident@hotmail.com

Combined Scholarship Committee

The scholarship applications will be available by the end of February at either the school counselor's office or at frileyscholar.com. Scholarships will be awarded in May for the Fall 2005 semester. Any questions or if you need more information please call 784-3191.

Officers' and Civilians' Spouses' Club (OCSC)

- **January Luncheon - "Polish Pottery Bingo" Luncheon:** Mark your calendars! It is time for the annual OCSC Polish Pottery Bingo! This is a luncheon you won't want to miss! Come eat fabulous food, meet new people, and play Bingo for Polish Pottery prizes (and lot of them!!). Only OCSC members can go home with prizes, so contact Heather Spencer and join today!
 - Thursday, January 20
 - Riley's Conference Center
 - 11:00am
 - Lunch Buffet: Fresh House of Greens Salad, Rotini Pasta Salad, Vegetable Lasagna, Steamed Green Beans, Warm Rolls, New York Style Cheesecake, Coffee, Iced Tea and Water.
 - \$11.50 per person
 - Sodas and wine available for purchase
 - Please RSVP at 784-4228.
- **OCSC In February**
 - February Luncheon will be Thursday, February 17 at Riley's Conference Center at 11:00am.
 - Sodas and wine available for purchase
 - Please RSVP at 784-4228 no later than noon on Wednesday, February 9.
- **Charity Of The Month**
 - The Food Pantry of Geary County, located in Junction City is our Charity of the Month. Please bring any canned or Ramen soups, cereal, boxed or packaged goods, pasta, or any other non- perishable item to the luncheon and we will deliver it to the Pantry. Thank you.
- **OCSC 2005-2006 Board**
 - Are you looking for a way to get involved? Would you like to gain valuable volunteer experience to build your resume? Trying to find a way to keep busy while your spouse is deployed? Well, the OCSC is looking to establish their 2005-2006 Board of Officers.
 - Nominations are now being accepted for elected and appointed board positions.
 - Elected positions are the President, 1st Vice President, 2nd Vice President, Recording Secretary, Corresponding Secretary and Treasurer.
 - Appointed positions are Community Assistance, Historian, Hospitality, Membership, Parliamentarian, Plain Talk Newsletter, Property Manager, Publicity, Reservations, Retiree Representative, Shoppe (manager, bookkeeper and liaison), Ways and Means, Child Care Coordinator and Webmaster.
 - The slate of elected officers will be presented to the general membership at the March 17 luncheon, elections at the April 21 luncheon, and installation at the May 19 luncheon. The slate for 2005-2006 committee chair people will be presented to the incoming president for appointment.
 - If you aren't interested in being on the board but want to be involved in some way, the nominating committee needs 3 members to help put together the slate. It will only be one meeting in late February/early March.
 - Please submit your nomination sheets to any board member or email to the Parliamentarian at spursk@mygalaxyexpress.com. Look for nomination sheets available on-line soon at <http://www.fortrileyocsc.com>. If you have any questions or are interested in being on the nominating committee, please call 461-5385.

The Shoppe

- The Shoppe is now OPEN 6 days a week! The Shoppe is now open Monday-Friday 10:00am-2:00pm and Saturday 11:00am-3:00pm. If you still haven't visited The Shoppe, you are missing out on a Fort Riley must see! The Shoppe adds new vendors monthly and receives new inventory weekly. Check back for new and exciting changes every month!

Commissary

- **Scholarships for Military Children program can help pay for college**
The deadline to apply for the Scholarships for Military Children program is February 6, 2005. Applications for the \$1,500 scholarships are due at a Commissary by close of business on that date. Applications are available at all 272 commissaries worldwide, or online at <http://www.militaryscholar.org>. They are also available through a scholarship link at <http://www.commissaries.com>, the Web site for DeCA. The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of military retirees, active-duty, and Guard and Reserve service members. Eligibility and additional information is available at the program Web site. At least one scholarship will be awarded at every commissary location with qualified applicants. Administered by Fisher House Foundation and funded by manufacturers and industry, the program has awarded over \$3 million for nearly 2,000 scholarships.
- **New look debuts on www.commissaries.com**
The "new" www.commissaries.com, DeCA's official Web site, is open for business. The Web site has a customer-friendly appearance that is easy to navigate. It also offers a Mapquest tool that allows users to get driving directions to any commissary in the United States and even some overseas. The site still has all the features like how to enter shopping sprees, downloadable coupons, a section devoted to what's on sale, and a spotlighting page for your local commissary. Check out the new Web site for yourself and don't forget to sign up for the Commissary Connection e-mail newsletter with commissary information direct from DeCA.
- **'Agent' authorization allows commissary benefit to continue through illness and deployments.** By B.P and R.H. (review the commissary homepage <http://www.commissaries.com> for details).
- FORT LEE, Va. – Having both parents deployed can be very troubling for the children left behind. But thanks to a little-known DoD directive, military children can continue to enter the friendly confines of any commissary. Agent authorization benefits any authorized commissary shopper who needs assistance shopping or who cannot shop because of disability, illness or infirmity, as well as the children of service members who may not be available due to deployment, remote assignment or casualty.
Agent authorization is not granted by the Defense Commissary Agency. It is administered and managed by the installation commander through the local pass and identification office.
"We want to provide a touch of home for children whose parents are deployed, and often family finances are stretched to the limit," said Patrick B. Nixon, acting director and chief executive officer for DeCA. "Whether they're buying for a toddler or a teen, we can help the agents get the best value on groceries and personal care items by providing savings of 30 percent or more. It's just one less worry deployed parents will have."
The agent does not have to be an authorized commissary shopper. The military member may request an agent authorization to allow the individual who is the primary caregiver for the children of deployed parents to enter the installation. Non-military

primary caregivers should contact the identification card section on the installation to determine what legal documents, such as power of attorney, may also be needed to establish proof of caregiver status. At the same time, the individual can ask about gaining access to the installation.

Upon verification of caregiver status, the individual receives written authorization from the commander's representative designating him or her as an "agent" to accompany the children of deployed parents, or to shop for someone who is unable to get to the commissary or needs assistance while shopping. Usually, the letter is for a 12-month period, but it can be extended in cases of continued hardship.

"Every situation is unique so contact the identification card section on the installation to determine what proof is needed to have an agent shop in the commissary on your installation," Nixon said. "In most cases you can also get in touch with the commissary's store director to put you in touch with the appropriate officials."

To find the nearest commissary, look under the "locations" link at <http://www.commissaries.com>. All commissaries have a local Web page with directions and management contact information.

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of 30 percent or more on their purchases compared to commercial prices – savings worth more than \$2,700 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

- **GIFT CERTIFICATES NOW AVAILABLE IN STATESIDE STORES!**

Starting October 26, 2004 at the Fort Riley Commissary, Gift Certificates can be purchased in the Commissary as well as on the Internet! Gift Certificates in store are available in \$25.00 denominations with a \$1:00 handling fee. Other denominations from \$5.00 to \$500.00 are available online at www.commissaries.com or by calling 1-877-770-4438.

Army and Air Force Exchange Services

The next Community Action Council will be held at
9:30am Wednesday, 16 February 2005.
Riley's Conference Center
Fort Riley, Kansas
"America's Warfighting Center"

Announcements for the next "Riley Bugle Call" are due by noon, February 8, 2005, to Bldg. 7264, and 239-9435. Email to Community Life Coordinator site2665@riley.army.mil

The CAC is shown four times daily on Channel 2, for four days following the CAC.
The times are 8:30am, 12:30pm, 6:30pm, and 10:30pm.

SCHEDULE FOR 2004-2005

16 February	9:30am
16 March	9:30am
20 April	9:30am
18 May	9:30am
15 June	9:30am
20 July	9:30am
17 August	9:30am
21 September	9:30am
19 October	9:30am
7 December	9:30am